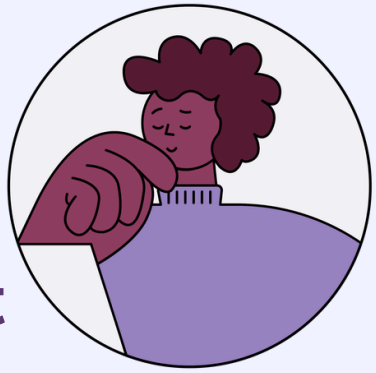
THRIVE Lifeline

Thriving Harnesses Respect, Inclusion, and Vested Empathy

Last updated June 12, 2026



Non-Carceral Resource List

Note: *It is always good to review an organization's specific policies before disclosing any information that could lead to an involuntary intervention or forced hospitalization.*

Crisis and Peer Support Lines

Trans Lifeline: call 877.565.8860 in US (CA: 877.330.6366), Mon-Fri 1p-9p ET

- Peer support and crisis hotline for the trans community

LGBT National Hotline: call 888.843.4564 in the US; Mon-Fri 2p-11p ET, Sat 12p-5p ET

- Confidential safe space where callers of any age can speak about sexual orientation or gender identity / expression issues.

Wildflower Alliance Peer Support Line: call 888.407.4515 in the US, open 7p-9p ET Mon - Thurs, and 7p-10p ET Fri - Sun

- Share lived experience with psychiatric diagnosis, trauma, addiction, etc.

THRIVE Lifeline: webchat via thrivelifeline.org, open Thurs 1:30a - 7:30a ET

- Crisis and warmline support by and for multiply marginalized communities

NEUROMANCERS: webchat, open Tues & Sun, 10:30a - 1:30p UK time (GMT+1)

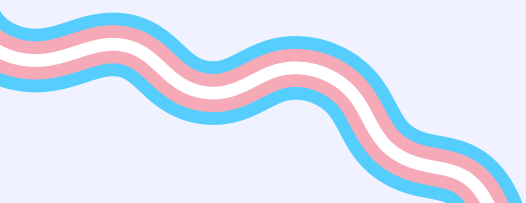
- anonymous, and confidential rapid response resource for neurodivergent+ people

Helplines / Warmlines

(Not necessarily for suicide support)

Fireside Project: text or call 623.473.7433 in the US, open 2p - 2a ET daily

- Support line providing emotional support during + after psychedelic experiences
- Can match with a volunteer with shared identity for people who are BIPOC, transgender, and/or military veterans



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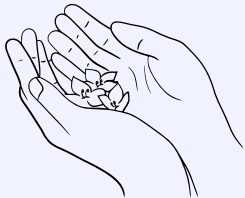


Helplines / Warmlines, cont.

Warmline.org: offers a list of local warmlines in each state (varying policies & hours)

StrongHearts Native Helpline: call 1.844.762.8483 in the US, 24/7

- Confidential and anonymous culturally-appropriate domestic and sexual violence helpline for Native Americans

The SQSH: call 844.785.7774 in the US; Fri - Mon, 2p - 8p ET

- Free, confidential, and identity-affirming emotional support and resource referrals by and for the LGBTQIA+ community

Project LETS: text 401.400.2905, Mon - Sat 10a - 4p ET for urgent support with psychiatric incarceration / involuntary hospitalization in the US

A Call for Change Helpline: call 877.898.3411 in the US; 10a - 10p ET daily

- Anonymous, confidential helpline for people who use or risk using abuse / control in their intimate partnerships

Other Peer Support

Stronger U & THRIVE Lifeline:

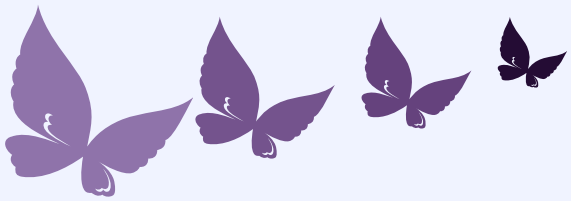
- Non-carceral and alternative wellness services for the multiply marginalized
- Peer support discord server & support groups: https://strongeruwellness.com/services/stubborn-survivors/

Alternatives to Suicide Groups:

- Peer-led support groups that allow for speaking about, sitting with, understanding, and moving through thoughts of wanting to die; grown out of work from Wildflower Alliance
- Held by various organizations
  - https://wildfloweralliance.org/alternatives-to-suicide/ (list of most groups)
  - IG @blackfullaalt2su (only for folks who are First Nations)

Kiva Centers:

- Peer-led organization committed to advancing the self-healing and wellness of individuals impacted by trauma, emotional distress, and substance use
- Daily virtual support groups: https://kivacenters.org/online-peer-support/



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thank you for being here

Other Peer Support, cont.

Wildflower Alliance:

- Peer support and alternative healing practices for people who impacted by psychiatric diagnosis, trauma, extreme states, homelessness, substance use, etc.
- Daily support groups: https://wildfloweralliance.org/online-support-groups/
- Run multiple peer respites in MA: https://wildfloweralliance.org/anemoni/
- Discord server for peer support: https://discord.gg/248Ty6J

Peer Support Space:

- Peer-led organization that uses lived experience to support, educate, and guide
- Runs Eva's Casita Peer Respite in FL: https://peersupportspace.org/respite
- Non-clinical support groups: https://peersupportspace.org/community-gatherings-1

Other Resources

Peer Respite Centers:

- Voluntary, short-term, overnight programs that provide community-based, non-clinical crisis support
- Only available in some US states. https://power2u.org/directory-of-peer-respites/

Abolition Centered Care Provider Database:

- Collective resource of abolition-centered, non-carceral care providers (therapists, social workers, peer supporters, healers, etc.) dedicated to providing care outside of the system, created by Dandelion Hill
- View database: http://tinyurl.com/abolitioncareproviders

Don't Call The Police:

- Database of local and national community-based alternatives to calling the police or 911, broken down by major US city
- View database at: https://dontcallthepolice.com/

Independent Peer Supporter Database:

- Collective resource of independent peer supporters offering anti-carceral care
- View database at: https://tinyurl.com/peer-supporters

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Self Help Skills / Tools

Mad survival tools: https://madqueer.org/madsurvival

Stronger U coping tools: strongeruwellness.com/free-resources/free-coping-tools/
- Includes a general safety plan guide, and a safety plan guide for plural systems

Interactive self care guide: https://youfeellikeshit.com/

Self harm alternatives (Project LETS): https://projectlets.org/alternatives-to-selfharm

THRIVE resource database: https://thrivelifeline.org/resources

For when you want to give up zine: https://tinyurl.com/FWYWTGU-zine

Harm reduction guide to coming off psychiatric drugs: https://fireweedcollective.org/publication/harm-reduction-guide-to-coming-off-psychiatric-drugs/

The Antidote Recovery information: https://www.theantidoterecovery.com/support

Strategies to reduce likelihood of involuntary intervention

No tactic is guaranteed to protect you, but if you are reaching out to 988 or a similar line (one which is not non-carceral), you can try:
- Not disclosing self harm thoughts or practices, or suicidal thoughts or history
  - Talking about passive suicidality rather than active suicidality
- Asking the operator directly if you are being flagged as “imminent risk”
- Using a burner phone; driving or walking around while calling, not being alone

Information:
- What happens during a wellness check: https://www.lawyersftp.com/what-is-a-wellness-check-by-the-police/
- State-based laws and policies for involuntary intervention: https://www.tac.org/look-up-your-state/
- Psychiatric advance directives: https://nrc-pad.org/
- National Disability Rights Network: www.ndrn.org/about/ndrn-member-agencies/

Do you know of other free nationally or internationally accessible non-carceral resources? Let us know at info@thrivelifeline.org!

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